



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Duluth Area Family YMCA Proposal for ISD 709 ESSER Funds

*Drafted June 30, 2022*

### Overview

The Duluth Area Family YMCA (the Y) is one of the oldest and largest nonprofits in the Northland. The Y is committed to strengthening community by connecting all people to their potential, purpose, and each other. As an association, the Y's programs reach over 180 miles, from Moose Lake to Grand Portage. Locally, programs operate within all Duluth Public Elementary Schools, the Harbor Highlands Community Center, the Gary-New Duluth Recreation Center, the Woodland Community Center, and several non-profit youth serving agencies.

In partnership with ISD 709, the Y is proposing to provide the following services to increase youth development and healthy living opportunities for Duluth-area youth, specifically those from low-income households and BIPOC communities over the 2022-2023 and 2023-2024 school years.

The Y acts as a leader, collaborator, and catalyst for change. Services described in this proposal will have a widespread impact on youth and families, as they will be done in collaboration with the following entities: AICHO, Boys and Girls Clubs of the Northland, CHUM's Steve O'Neil Apartments, the Damiano Center, the Duluth Community School Collaborative, Family Freedom Center, Gary New Duluth Recreation Center, Harbor Highlands Community Center, Laura MacArthur KEY Zone, Lincoln Park Children and Families Collaborative, Myers-Wilkins KEY Zone, Stowe KEY Zone, and Valley Youth Center. These partnerships were carefully identified for this project as they all serve a high percentage of youth from low-income households (40-95% qualifying for free or reduced-price lunch) and families that identify as part of the BIPOC community (20-95%).

### Proposed Services

- **Camp Miller:** New opportunities for recreation and positive youth development through camping services will be established in partnerships with Steve O'Neil Apartments, Harbor Highlands Community Center, Duluth Community School Collaborative Myers Wilkins, Valley Youth Centers, Family Freedom Center and others with a focus on students from low-income households. Camp will focus on providing students with a wide range of recreation and personal development activities.
  - Scholarships for 10 students to attend a week of camp summer 2022
    - \$750 per student x 10 students = \$7,500
    - \$3,750 ESSER Funds, 50% match from the Y
  - Scholarships for 40 students to attend a week of camp summer 2023
    - \$790 per student x 40 students = \$31,600
    - \$15,800 ESSER Funds, 50% match from the Y
    - Transportation \$2,000
  - Create a new opportunity for youth engagement through a two-day MEA weekend camp for 50 students during 2022-2023 school year
    - \$110 per student x 50 students = \$5,500
    - Transportation \$1,000

- MEA break camp for 50 students during 2023-2024 school year
  - \$120 per student x 50 students = \$6,000
  - Transportation \$1,100
- **CATCH Kid's Club:** Coordinated Approach to Childhood Health (CATCH) Kid's Club will provide 72 nutrition and healthy living lessons to 180 students at 6 sites (Harbor Highlands, Myers-Wilkins, Piedmont, Laura MacArthur, and two of the following: Boys and Girls Clubs, Steve O'Neil Apartments, or the Valley Youth Center) from September 2022 - June 2024. CATCH provides interactive lessons to K-5th grade students on nutrition and healthy eating, the importance of lifelong physical activity, and strategies to reduce screen-time. Each weekly lesson is taught by a trained instructor with age-appropriate activities designed to make learning preventative health fun.
  - 36 lessons x 6 sites (30 youth/site) = 180 youth/year
    - 180 youth/year x 2 years = 360 youth served total
  - \$30,170 total for 2 years of CATCH programming
    - \$7,084 in staffing costs/year x 2 years = \$14,168
    - \$8,001 in supply costs/year x 2 years = \$16,002
- **Community-Based Programming:** Increase enrichment opportunities for students from low income and BIPOC households to engage in free, high quality, year-round out-of-school time programming at the Harbor Highlands Community Center and Gary New Duluth Recreation Center. Create new opportunities to engage in and with the community.
  - Guest speakers and field trip fees for Harbor Highlands Community Center once per month throughout the 2022-2023 school year and both Harbor Highlands and Gary New Duluth Recreation Center in the 2023-2024 school year. Speakers and field trips may be educational, such as the Great Lakes Aquarium or the Duluth Public Library, or recreational such as Spirit Mountain.
    - Speakers or field trip Fees: 30 students x \$5/ student=\$150 budget per month per site
      - \$1,800 for 2022 – 2023, \$3,600 for 2023 – 2024
      - \$5,400 total for 2022-2024
    - Transportation fee \$300/trip (up to 65 students per trip)
      - \$3,600 for 2022 – 2023, \$7,200 for 2023 – 2024
      - \$10,800 total for 2022-2024
- **KEY Zone:** Increase opportunities for students to engage in high quality out-of-school time programming during the school year. Services will focus on KEY Zone Laura MacArthur, Myers Wilkins, and Stowe Elementary.
  - Scholarships for 10 students from each location to receive free high-quality care full time through KEY Zone in the 2022-2023 and 2023-2024 school years.
    - Students will be referred to the program as needing additional support from ISD 709 staff or families may apply directly
    - 30 students x \$185 for 9 months = \$49,950/year
  - Additional enrichment opportunities through guest speakers brought to each site once per month throughout the 2022-2023 and 2023-2024 school years.
    - Approximately 40 youth x \$5/youth = \$200 per month per site x 3 sites = \$600 per month

- \$5,400 for a 9-month school year at three sites
  - \$10,800 for 18 months, covering 2 school years
- Supplemental healthy snacks, fruits and vegetables, for KEY Zone sites that receive district-provided snacks that do not include fresh fruits or vegetables. All sites supported have a high percentage of students receiving free/reduced price lunch.
  - Approximately 120 youth x .30/child daily = \$720 per month
  - \$6,480 for a 9-month school year
  - \$12,960 for 18 months, covering 2 school years.
- **Swim Lessons:** Free 6-week Safety Around Water swim lessons for 144 children over two years at Laura MacArthur KEY Zone, Piedmont KEY Zone, Valley Youth Center, Duluth Community School Collaborative, Lincoln Park Childrens and Families Collaborative, Steve O'Neil, Boys and Girls Clubs, or Harbor Highlands.
  - \$52.50 per 6-week lesson per youth
    - \$36.75/lesson will be in-kind support from the Y
  - 12 kids/lesson x \$52.50/kid x 6 lessons/year x 2 years = \$7,560
    - \$5,292 in-kind support from the Y
  - Transportation = \$62.50/day if provided in Y van
    - \$50 staffing + \$12.50 milage = \$62.50 x 72 days = \$4,500

**Proposed Budget**

<b>Service</b>	<b>Details</b>	<b>Amount</b>
Camp Miller Scholarships	10 students in the summer of 2022 and 40 students in the summer of 2023 receive a free week of camp	\$21,550
Camp Miller MEA Break	50 students in fall 2022 and 50 students in fall 2023 attend special MEA break camp	\$13,600
CATCH Kid's Club	360 students at 6 sites will receive a total of 72 nutrition and healthy lifestyle lessons from September 2022 - June 2024	\$30,170
Community Program Enhancements	60 youth will experience additional enrichment opportunities through guest speakers at Harbor Highlands and Gary New Duluth from September 2022 - June 2024	\$16,200
KEY Zone Scholarships 2022-2023	30 youth access (10 per site Laura MacArthur, Myers Wilkins, and Stowe Elementary) receive free high-quality care full time	\$49,950
KEY Zone Scholarships 2023-2024	30 youth access (10 per site Laura MacArthur, Myers Wilkins, and Stowe Elementary) receive free high-quality care full time	\$49,950

KEY Zone Program Enhancements	120 youth will experience additional enrichment through guest speakers at 3 KEY Zone sites 2022-2024	\$10,800
KEY Zone Healthy Snacks	120 youth will experience fresh fruits and vegetables daily (40 per site Laura MacArthur, Myers Wilkins, and Stowe elementary)	\$12,960
Swim Lessons	144 students from afterschool programs receive free swim lessons from September 2022 - June 2024	\$12,060
	<b>Total</b>	<b>\$217,240</b>

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